



2591 Baglyos Cir, Ste C-48
Bethlehem, PA 18020-8045



INSIDE THIS ISSUE:
6 PAW-FECT TIPS
for healthy hearing



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OFFICE NEWS

We're pleased to announce some exciting new enhancements to our staff!

Jennifer George has joined our practice as an Audiology Assistant. Jenny has an Associate's Degree from Lehigh County Community College and over 15 years of experience as a Medical Assistant. Stacy Wambold, our familiar front office coordinator, has also recently earned her Audiology Assistant certification. Both Jenny and Stacy will be providing hearing aid cleaning, repairs, and other assistance.

We are also proud to welcome Kaitlin Mausteller to our practice as an audiology doctoral extern for the next 12 months, as the final step toward earning her Doctor of Audiology degree from Bloomsburg University. In addition, Megan Palmer has joined us for a year as an audiology office intern. Megan recently graduated from Temple University,



with a Bachelor of Arts in speech, language, and hearing science.

Audiologist Deborah Muhleisen has announced her retirement after 11 years with our office. We know that so many will miss her cheerful and compassionate care, and we thank Debbie for her service and wish her a happy and relaxing retirement!

We're excited to have Jenny, Kaitlin, and Megan join our team of Dr. Janet Westlund, Au.D., Dr. Laura Grinstead, Au.D., Stacy Wambold, and Linda Minnich to continue to provide the superior level of care and expert advice that can be relied upon from the Center for Audiology Services!

Dr. Janet Westlund, Au.D., Audiologist
Dr. Laura Grinstead, Au.D., Audiologist
Stacy Wambold, Registered Audiology Assistant
Linda Minnich, Patient Coordinator

Jennifer George, Registered Audiology Assistant
Kaitlin Mausteller, Audiology Doctoral Extern
Megan Palmer, Audiology Office Intern



SOUND NEWS
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Q&A: WATER & HEARING AIDS

Q: Are my hearing aids really kaput if they get wet?

A: As powerful as they are, hearing aids — like all electronics — have a couple of Achilles' heels, and one of them is water. The moisture could come from a swimming pool, a shower, or even the sweat from working out or soaking up a hot summer day, but it all comes down to this: Wetness can permanently put your hearing aids out of commission.

Of course there's always the potential miracle — who hasn't heard the occasional story of someone accidentally putting their hearing technology, smartphone, or other treasured device through the washing machine only to have it continue working without seemingly skipping a beat?

That's some rare luck, however, so it's important to stick to prevention.

Here are five ways to protect your hearing aids:

Avoid Moisture Altogether

Remember to take your devices out of your ears before showering, hitting the pool, or getting into the hot tub, and be sure to store them in their own secure case rather than loose in a pocket or purse.

Wipe Them Down

Wiping your devices daily with a clean, dry cloth helps clear moisture and debris and helps reduce the risk of damage.

Stay Vigilant

Water-resistant hearing aids aren't waterproof, so keep these types of devices out of the shower, pool, and hot tub, too. Otherwise, they can get damaged when immersed.

Use Hearing Aid Covers

These handy helpers can aid in protecting your devices from water splashes and keep out dust and dirt, too.

Consider a Dehumidifier or Hearing Aid Dryer

This small appliance not only dries and sanitizes your devices as you sleep but can also double as their regular storage container.



Some simple steps at home can help keep your hearing aids dry and working well. Bringing them in periodically for a professional clean and check goes a long way, too. If it's been a while since they've had a good once-over or they don't seem to be operating their best, don't delay.

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SCHEDULE an appointment
with our caring team **TODAY!**





Hot dog, we love our fur babies, and the cat-tastic numbers sure show it! Some **63.4 million** U.S. households own a pooch, per the American Pet Products Association, and nearly **43 million** have a kitty. Cats and pups are also among the top pets in Canada, where **37%** of households own at least one kitty — according to a PetBacker blog post — and **32%** have dogs.

Just like us, cats and doggos count on their hearing to help keep them alert and connected to what matters in their world — including their favorite humans. And just like us, they can experience hearing loss — whether from injury, loud noise, aging, ototoxic drugs, or other causes. What can you do? Dig into these tips to help maximize your fur-ends' healthy-hearing pet-tential this summer and beyond.

Paws Up fur a HEALTHY-HEARING SUMMER

Just like us, cats and doggos count on their hearing to help keep them alert and connected to what matters.

1 AVOID EXCESS NOISE

As one of the most preventable causes of hearing loss in humans, loud sounds can also be ruff on your beloved pets. Excess noise can go hand in hand with hearing damage, anxiety, fear, and even trauma. Limiting noise exposure helps support dogs' and cats' hearing health and overall wellness.



2 CONSIDER HEARING PROTECTION

If hightailing it to a quieter space isn't an option for your furry ones during fireworks or other super-loud situations, hearing protection is another a-purr-oach that could help. Earplugs and earmuffs made especially for pets may help soften intrusive sounds.



3 KNOW THE SIGNS

If your pooch or kitty doesn't react in the usual way to your voice, squeaky toys, the doorbell, or other sounds, hearing loss may be the culprit. Behaviors such as reduced activity, excessive barking, loud meowing, and sound sleeping even through the loudest noises might also indicate a problem.

4 SCHEDULE REGULAR CHECKUPS

Comprehensive vet exams may include not only a check of your pet's eyes, nose, mouth, legs, lungs, heart, skin, weight, and joints but also their ears. It's a good time to discuss any changes you've noticed in their response to commands or other sounds and gain tips on proper nutrition for optimal hearing health.



5 ADDRESS PROBLEMS EARLY

Early intervention on a suspected hearing condition could make the difference in your fur baby's quality of life. Not all hearing loss is preventable — a congenital condition, for example, could make it unavoidable — but working with your veterinarian may help moderate the problem.

6 BUST THROUGH BARRIERS

Hearing loss doesn't have to slow your four-legged loved ones down. Dogs, for example, can wear hearing aids, though many don't necessarily want to. Other approaches such as teaching pets to respond to hand commands or using vibrating collars can be effective. Seek advice from an obedience-training expert.

Have You HEARD?

From gunfire and explosions to jet engine noise and other loud sounds, military personnel — including canines on the front lines — can encounter ear-damaging noise. A new technology called the Canine Auditory Protection System, or CAPS, may help change that, aiming to stem the risk of noise-related hearing loss among military working dogs.

CAPS, developed with the help of a U.S. Army grant, "uses lightweight, high-quality acoustic absorption materials to block unwanted sounds," according to the Army's website. The flexible material fits snug, adjusts to the wearer's individual head shape, and could go a long way toward helping these pawsome heroes thrive in the field.

